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Why Is My Raw Milk Yellow?!

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Have you noticed that your fresh raw milk is...uhh...yellow??

You're probably thinking WTH? (family friendly here on the farm)

You may have had thoughts like...

"Is this safe to drink?" "Something must be seriously wro

ng with this milk because milk should be white..."
"What have I gotten myself into?" "Could someone please explain to me what's going on here?!"

There are some SERIOUS health benefits happenin' with raw grass-fed milk - it literally is liquid gold. Let's take a closer look....

WHAT'S REALLY GOING ON INSIDE A GLASS OF FRESH RAW MILK?

1) CONJUGATED LINOLEIC ACID (CLA)

CLA is a type of fat found in milk with a ton of **health benefits (https://www.ncbi.nlm.nih.gov/pubmed/11340114)** including:
-helping with weight loss
-muscle-building and strength improvements

-anticancer effects
-bone-building benefits

-growth and developmental support
-reversing atherosclerosis (hardening of the arteries)
-improving digestion
-reducing food allergies and sensitivities

Levels of CLA are up to 5x higher in milk that comes from cows grazing on fresh pasture. Ah-mazing!!

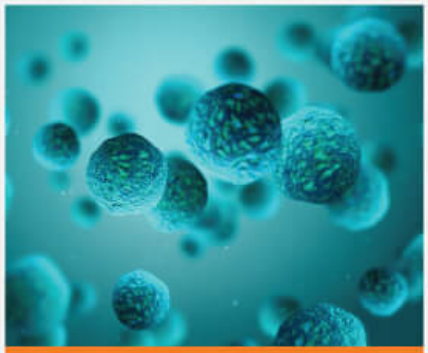
2) OMEGA-3'S

Studies like **this one (https://www.ncbi.nlm.nih.gov/pubmed/7905466)** are indicating Omega-3s are helpful in protecting against cardiovascular disease and hyperlipidemia.
The study also found that milk from cows grazing on fresh grass is "nutritionally superior to milk from cows eating conserved grass" as it contains significantly higher amounts of Omega-3's.

3) BETA CAROTENE

Beta-carotene is a pigment found in plants that gives yellow and orange fruits and vegetables their color.
MYSTERY SOLVED! BETA CAROTENE IS WHAT IS MAKING YOUR MILK YELLOW!
Dr. Axe does a really great job of summarizing the health benefits of beta carotene:

POTENTIAL BETA-CAROTENE BENEFITS



1

HAS POWERFUL ANTIOXIDANT ACTIVITY

Protects the body from damaging free radicals, which are the primary cause of aging and degeneration

2

SUPPORTS HEALTHY PREGNANCY

Beta-carotene is converted to vitamin A in the body, which plays an important role in the healthy development of the fetus and the newborn

3

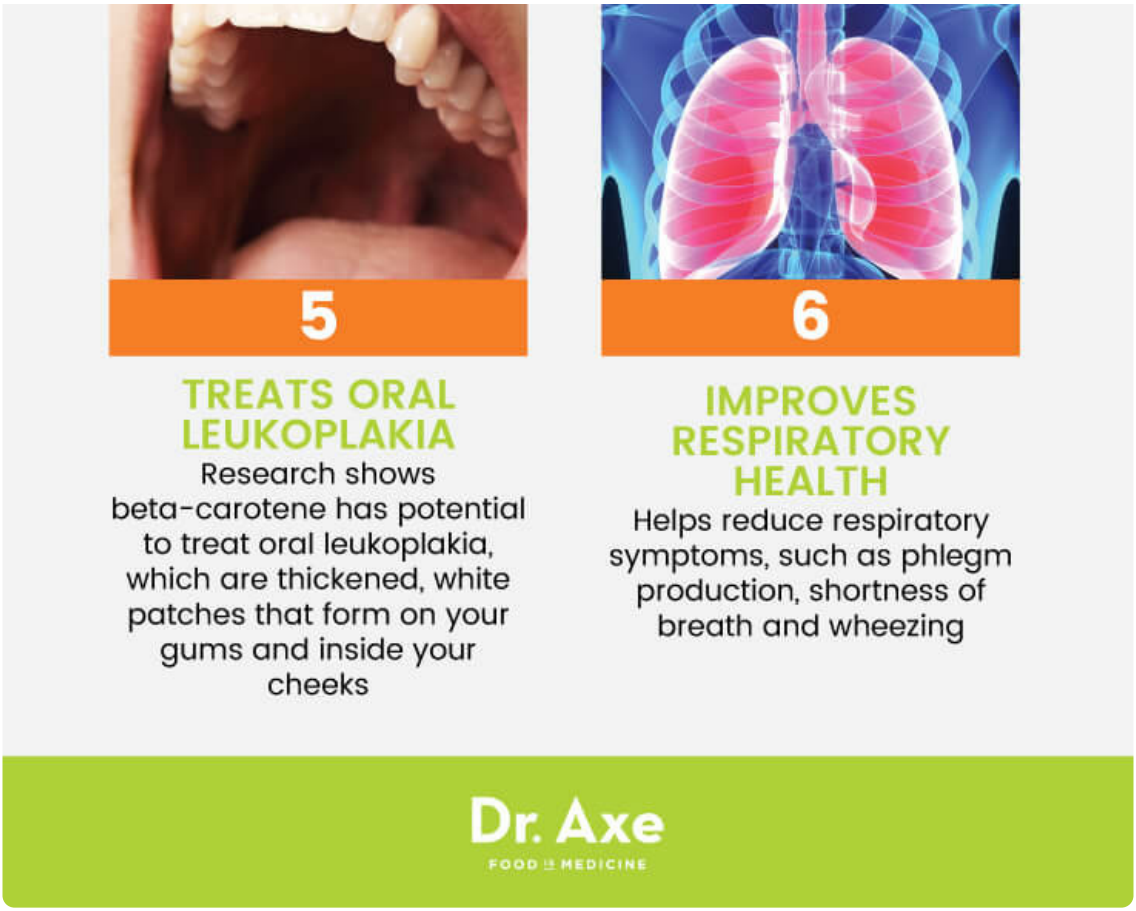
PROTECTS THE SKIN

Helps prevent the formation of UV-induced erythema, or skin irritation and redness

4

PROTECTS YOUR EYES

Antioxidants may help delay the progression of age-related macular degeneration



As you can see the health benefits of raw grass-fed milk are many and these are just the tip of the iceberg!

As more people are waking up to the fact that what we eat matters, it's an exciting time to be a farmer and a consumer!
Together we're changing food production for the better. Animals will have a better life, our land will be healed, and our people with be healthy - and that is what it's all about.

Cheers to great food & great health,

More from the blog

(https://naturespantry-farm.com/blog/tallow)

Get Radiant Skin with This Easy DIY Whipped Body Butter Recipe (https://naturespantry-farm.com/blog/tallow)

Have you struggled to find natural skincare products that actually work and don't break the bank? You had good intentions with that 7 step skincare line you bought. But now it sits in your cupboard because you don't have the energy to stay awake to get all 7 steps on your face,...

Read more (https://naturespantry-farm.com/blog/tallow)

(https://naturespantry-farm.com/blog/say-goodbye-to-inflammatory-seed-oils-and-hello-to-healthy-cooking)

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The two things all of our customers have in common (myself included) is: 1) We all grew up on the Standard American Diet. -and- 2) We're all trying to figure out how to get back to eating real, nourishing food - the way God intended. Some of it comes easy, but some of it takes effo...

Read more (https://naturespantry-farm.com/blog/say-goodbye-to-inflammatory-seed-oils-and-hello-to-healthy-cooking)

(https://naturespantry-farm.com/blog/my-favorite-sourdough-waffle-recipe-that-s-perfect-for-easter-brunch)

My Favorite Sourdough Waffle Recipe That's Perfect For Easter Brunch (https://naturespantry-farm.com/blog/my-favorite-sourdough-waffle-recipe-that-s-perfect-for-easter-brunch)

I've got the most amazing sourdough waffle recipe for you today. We were planning our Easter brunch menu and these are a family fav so I wanted to share them with you! Read on for the recipe.

Read more (https://naturespantry-farm.com/blog/my-favorite-sourdough-waffle-recipe-that-s-perfect-for-easter-brunch)